

The
Center for:
your **BODY..**
your **HEALTH..**
your **LIFE!**

City of Delta Culture & Recreation

NOVEMBER/DECEMBER 2010

Activity Guide



Weekly Senior Programs

- **DUPLICATE BRIDGE** - Mondays from 12:30 to 4 PM. Cost: \$4/week.
- **PARTY BRIDGE** - Thursdays from 1 to 4 PM. Cost: \$6 per season.
- **TUESDAY NEEDLERS** - Tuesdays from 10 AM to Noon. Cost: \$6 per season.
- **PINOCHLE** - Tuesdays from 1 to 4 PM. Cost: \$6 per season.
- **CRIBBAGE** - Wednesdays from 8:30 to 11 AM. Cost: \$6 per season.
- **SCRABBLE** - Thursday from 10:00 AM - 1:00 PM or 6:00 PM - 9:00 PM. No charge.

YOUTH

- **CHESS CLUB** - Every Tuesday night meet in the snack bar from 6:00 - 9:00 PM. Bring your own boards.
- **ALIVE AT 25** - Four hours of classroom instruction from the Colorado State Patrol for ages 15-25 with a variety of dates available. Classes are held once a month. Register online at www.aliveat25.us.

- **BOXING FOR KIDS** - Saturdays from 10:00 - 11:00 AM. Cost is \$3 drop in fee or monthly rate.

- **AMATEUR CHESS TOURNAMENT...UNRATED** For all ages on Saturday, November 13 from 10:00 AM - 5:00 PM. Cost is \$10. Pre-register in advance and bring your own boards if you have them.

- **DADDY DAUGHTER DANCE** - Great special event for Dads, Daughters, Grandads and Granddaughters... an evening she will remember forever. Saturday, November 13 from 5:30 - 8:30 PM. Doors open at 5:30, dancing starts at 6:00 PM with light snacks at 7:00 PM. Please bring a snack to share. Cost is \$12 per couple in advance (by November 10) or \$15 per couple at the door.

- **BREAKFAST WITH SANTA** - Saturday, December 11 from 8:30 - 10:30 AM. Kids 12 and under receive a free pancake breakfast, kids 13 and over cost is \$3 for your breakfast. Bring a camera and take pictures with Santa. Crafts and bump and jump available for kids to play.

- **KID'S GARAGE SALE** - Kids, want to make some extra money to buy that special present for your parents or family? Booth spaces are \$5 to reserve your spot. All toys, games, movies, books must be in good working condition. This event is in conjunction with Breakfast with Santa on Saturday, December 11 from 8:00 - Noon. Pre register by December 5. Call for all the details.

- **LITTLE GLIDER'S PROGRAM** - Cross country ski program offered by Grand Mesa Nordic Council for ages 5-8. Dates are Sundays, January 2-30 from 10:30 AM - Noon. Please pre-register. Cost is \$35 for GMNC members and \$40 for non-members. Option to rent skis at additional low price. Held at Skyway on Grand Mesa. Call for more details.

- **GLIDER'S NORDIC COUNCIL** - Cross country ski program offered by the Grand Mesa Nordic Council for ages 9-16. Dates are Sundays, January 2-30 from 10:30 AM - Noon. Please pre-register. Cost is \$40 for GMNC members and \$45 for non-members. Option to rent skis at additional low price.

LEISURE

- **COMMUNITY EVENING DANCE** - Saturdays, November 20 and December 4 from 7:00 - 10:00 PM. Cost is \$4 at the door. Music by Ula Vaun in November.

- **AARP DRIVER SAFETY** - Monday and Tuesday, November 15 and 16 from 8:30 AM - 12:30 PM. Cost is \$12 for AARP member, non-member cost is \$14.

- **"TURKEY TROT" POKER WALK** - Come share your gratefulness and trot off your stuffing. This is a walk around Confluence Lake with prizes to the top 3 poker hands. Cost is \$5 per person or 3 cans of food per person. Help us reach our goal of 500 lbs. to be given to the local food pantry. Register in advance (we need a minimum of 15) by November 22. If minimum is met we will continue registration until Saturday, November 27 at 9:30 AM. Walk starts at 10:00 AM on November 27.

- **HOLIDAY CRAFT SHOW** - Mark your calendar for this annual event on Saturday, December 4 from 9:00 AM - 3:00 PM. Over 55 vendors... so come shopping! No charge.

- **JOY OF PAINTING "MAKE IT TAKE IT" BOB ROSS CLASS** - Learn floral, landscape and wildlife techniques. **Saturday classes** (9:00 AM - 3:00 PM), November 27 - Wildlife, December 18 - Landscape. **Wednesday classes** (noon to 5:00 PM), December 1 - Landscape. Cost is \$65 and materials are included. Register 3 days prior to each class.

- **APPLIQUE' TECHNIQUES SEWING CLASS** - Explore the techniques of "hand," "machine" and fusible applique' on Monday, December 6 from 1:00 - 4:00 PM. Cost is \$10. Register by December 3. (Supply list given at registration.)

- **CROSS COUNTRY SKIING OUTINGS** - Ski lessons for adult beginners on Grand Mesa Skyway Trails. Please register at least 3 days before each trip. Saturdays, December 18, January 8, January 22 or February 5 from 11:00 AM - 12:30 PM. Cost is \$20 for GMNC members, \$25 for non-members. Must provide own ski equipment.

- **HUFF AND PUFF... BEFORE YOU STUFF** - A 90-minute pre-Thanksgiving workout variety class on Wednesday, November 24. Cost is any non-perishable item or canned

SPORTS

- **FAMILY NIGHTS** - Thursdays from 6:30 - 9:30 PM and Saturdays from 5:30 - 8:00 PM. Cost is \$8 per family. Family size includes up to 2 adults and 4 children.

- **YOUTH SPORTS SPONSORS NEEDED** - Place your business name on youth sport uniforms for \$150. Place your business name on sports uniforms plus get your banner displayed at games for \$250.

- **ADULT BASKETBALL LEAGUE** - Register until November 14 for this 5 on 5 competitive, recreational, over 35 and women's leagues. **Sunday:** Women's, **Monday:** Men's Recreational, **Tuesday:** Men's Competitive. Cost is \$275 per team plus \$20 player's fee. Season is December - March.

- **LITTLE LEAGUE BASKETBALL** - For boys and girls K-6th grade. Register until November 14. Practices start in December with games beginning on Saturdays in January and February. Cost is: K-2nd, \$35; 3rd-6th, \$40. \$15 late fee after November 14.

- **RACQUETBALL CHAMPIONSHIPS** - In-Club Championships scheduled for November 29 - December 3. Evenings starting at 5:00 PM with championship on Friday, December 3. Cost is \$25 which includes tournament T-shirt, awards, pizza party and braggin' rights.

- **BENCH PRESS LIFTING COMPETITION** - Saturday, December 18th with men and women age division. Weigh-in at 9:00 AM. Register by December 16. Late fee is an additional \$5. Cost is \$15.

Discover
Water
Fitness
For
your body,
your health,
your life!

Mon., Wed., Fri.
8:30 AM
Cardio Crazy
9:30 AM
Splashrobics

Tues., Thurs.
9:00 AM
Deep Benefits
10:00 AM
Life-N-Lively
5:30 PM
Deep Benefits

Sat.
9:00 AM
Deep Benefits
Mon. - Fri.
10:30 AM
Rhythm & Wave

FITNESS CLASSES NOVEMBER 2010

MONDAY

Cycle and Abs + with Kiffany
6:00 - 7:00 am
Cardio Intervals with Weights and Core with Cristie
9:00 - 10:15 am
Yogalates + with Cristie
12:00 - 1:00 pm
Senior Circuit with Gary in Weight Rm.
2:00 - 3:00 pm
Zumba with Kindra
4:30 - 5:25 pm
Cardio Kick with Kindra
5:30 - 6:30 pm



THURSDAY

Body Bar & Abs with Amberleigh
9:00 - 9:45 am
Healthy Body, Strong Bones with Billie in Gym
9:00 - 10:00 am
Silver Sneakers MSROM with Gary in Gym
10:00 - 10:45 am
Zumba with Erin
10:00 - 11:00 am
Cycle & Abs with Candace in Cycle Rm.
12:15 - 1:00 pm
Cardio Kick with Betsy
4:30 - 5:25 pm
Body Bar + with Kindra
5:30 - 6:30 pm

TUESDAY

Body Bar & Abs with Candace
9:00 - 9:45 am
Healthy Body, Strong Bones with Billie in Gym
9:00 - 10:00 am
Silver Sneakers MSROM with Gary in Gym
10:00 - 10:45 am
Zumba with Cristie
10:00 - 11:00 am
Cycle & Abs with Candace in Cycle Rm.
12:15 - 1:00 pm
Body Bar + with Betsy
4:30 - 5:25 pm
Total Body Blitz with Erin
5:30 - 6:30 pm

FRIDAY

Boxing for Fitness with Kiffany
6:00 - 7:00 am
Yogalates with Cristie
9:00 - 9:45 am
Senior Circuit With Gary in Weight Rm.
9:00 - 10:00 am
Zumba with Cristie & Erin
12:00 - 1:00 pm



WEDNESDAY

Morning Ride with Candace
5:30 - 6:00 am
Weights & Stretch with Candace
6:00 - 7:00 am
Senior Circuit with Gary in Weight Rm.
9:00 - 10:00 am
Tripple Threat Cardio, Core & Crazy Strength with Cristie
9:00 - 10:15 am
Zumba with Kindra
12:00 - 1:00 pm
Yogalates with Betsy
4:30 - 5:25 pm
Cycle and Abs w/ Amberleigh in Cycle Rm
5:30 - 6:30 pm
Zumba with Erin
5:30 - 6:30 pm

SATURDAY

Cardio Blast with Amberleigh/Betsy
9:00 - 9:45 am
Healthways Silver Sneakers Fitness Program
10:00 - 10:45 am
Tai Chi/Qigong for Health and Longevity*
Mondays, from 7:00 - 8:30 PM.
\$40 Monthly charge or \$12 drop in fee.
Tae Kwon Do
Tuesdays and Thursdays from 6:45 - 8:00 PM
\$30 Monthly or \$5 Drop in Fee.
Hatha Yoga
Wednesdays from 5:30 - 6:45 PM
Cost is \$10 drop in fee

* Any class with 5 or less in attendance for 3 consecutive weeks may/will be dropped.

- **DENVER NUGGETS BASKETBALL SKILLS CHALLENGE** - For boys and girls ages 7-14 (age as of April 30, 2011). Top scorer in dribbling, passing and shooting competition on Wednesday, December 22. Registration is at 9:00 AM (bring copy of birth certificate) and competition starts at 9:30 AM. Free.

AQUATICS

- **OPEN SWIM** - Monday - Friday starting at 1:00 PM, Saturday starts at 10:00 AM and Sunday starts at 10:00 AM.

- **PLEASE REMEMBER:** Children ages 5 and younger MUST have someone 16 years or older IN the water, actively supervising them. Children ages 6 and 7 must have someone 16 years or older in the pool area with them.

- **PRIVATE AND SEMI PRIVATE SWIM LESSONS** - Registration starts December 3 - January 1, 2011. Scheduled lessons will run January 3 - February 25. Semi private lessons cost \$40 per child for 5 lessons. Private lessons cost \$70 for 5 lessons.

- **NIGHT PUBLIC SWIM LESSONS** - Registration for levels 1-4 starting November 22 - January 3. Classes will run January 10 - February 9 on Monday and Wednesday from 6:00 PM - 6:40 PM. Cost is \$40.

- **FAMILY HOLIDAY SPLASH** - Family pool party with games, prizes, cookies, hot chocolate, and a visit from Santa on Saturday, December 11 from 5:30 - 8:00 PM. Cost is \$10 per family if six (maximum of 2 adults). Must have at least one adult and be in the water with children. *Cost is \$12/per family at the door (extra for additional children). **This event will run if we have 6 families registered by December 6.

Limited lap lanes in morning due to Water Fitness Classes.
Please see Fall Pool Schedule posted at Recreation Center front desk for designated times.

ATTENTION SENIORS!
Healthways
Silver Sneakers
Fitness Program
Sign-ups Are Going on NOW
at the Recreation Center



Bill Heddles Recreation Center

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